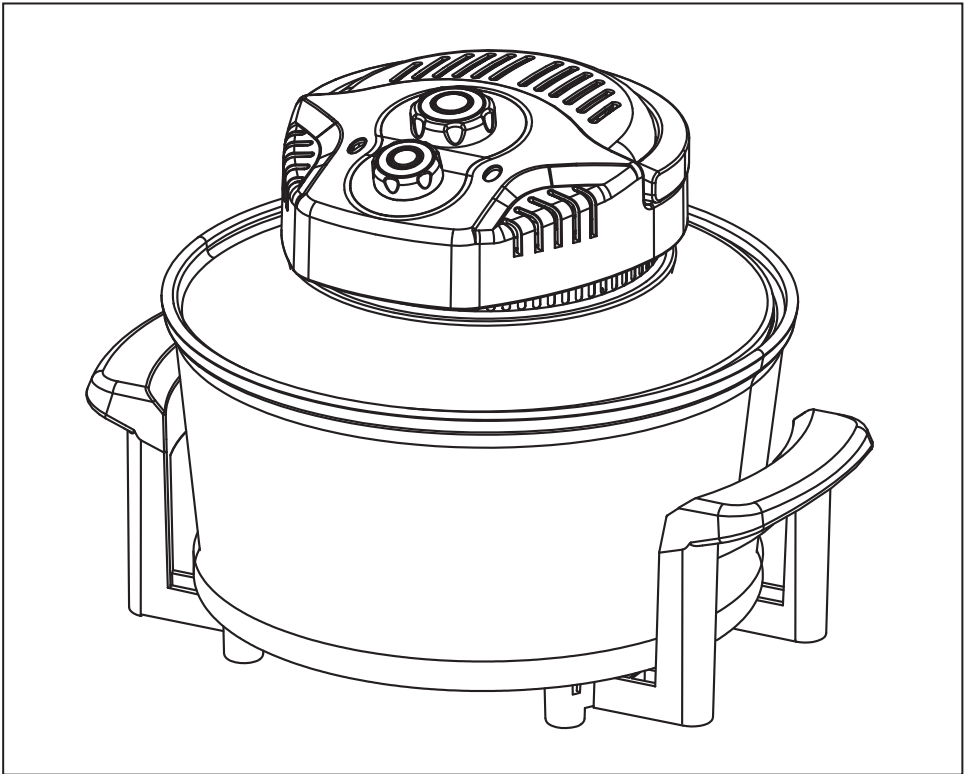




# HALOWAVE

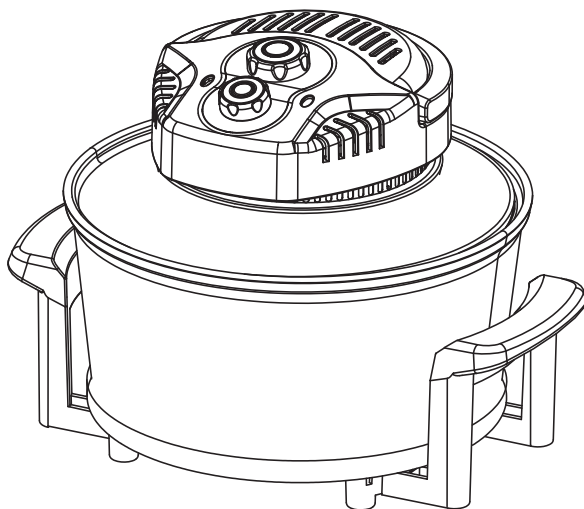


## Instructions



Thank you for purchasing Halowave from JML.

To ensure you enjoy all the tastiest, juiciest, most flavoursome cooking from Halowave, please read these instructions in full and keep them safe for future reference.



## Contents

Safety Warnings & Advice	2-3	Suggested Recipe Ideas	7-9
Your Halowave	4	Cleaning and Care	10
Before use	4	Self-Cleaning - 'Wash'	10
Assembling Halowave	4	General Cleaning and Care	10
Using Halowave	5	Guarantee	10
Operation	5	Customer Helpline	10
Pre-heating	6	Changing the Bulb	11
Thaw setting	6	Technical Information	12
Cooking	6	Technical Information	12
Cooking Times	7	Fuse & Mains Plug Replacement	12



# Safety Warnings & Advice

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**This appliance is intended for domestic use and within similar environments, such as:**

- Staff kitchen areas in shops, offices and other working environments
- Farm houses
- In hotels, bed and breakfasts, and other residential type environments

Not intended to be operated by means of an external timer or separate remote-control system.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

Keep out of the reach of children.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or a lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of this appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

**DO NOT** rest the lid on a flammable surface or adjacent to flammable materials.

**WARNING!** - The lid should be unplugged when cooking is complete and before it is lifted from the pot as accidental closure of the handle will re-energise the heating element.

Always wear protective, insulated oven gloves or mitts when removing food items or handling Halowave  
- **THE BOWL GETS VERY HOT.**

Unplug from the mains power socket when not in use.

Check the power cord and electric plug for signs of damage before use. Do not use if damaged.

Always use the tongs provided to lift the racks in and out of the bowl when hot.

Always use the handle to remove the glass lid from the glass bowl.

Ensure Halowave is clean and dry before use.

Only place food in Halowave before setting the timer or after pre-heating.

**WARNING!** - Only use on a safe, stable, heat-proof work surface and do not place near the edge of the worktop.

**WARNING! - DO NOT** touch the hot surfaces. Surfaces remain hot even after Halowave is switched off.

**WARNING!** - When operating Halowave on a work surface keep the surrounding areas clear and free from clutter. Ensure adequate air space surrounding Halowave for circulation.

**DO NOT** operate Halowave with other major appliances plugged into the same power socket – there is a risk of fusing the circuit.

**DO NOT** stare directly into the bulb.

**DO NOT** move Halowave when in use.

**DO NOT** immerse the glass lid, power cord or electric plug in water or other liquids.

**DO NOT** use in a manner other than directed.

**DO NOT** leave Halowave unattended whilst in use.

**DO NOT** place Halowave on or near a hot gas or electric hob, or in a heated oven.

**DO NOT** allow the power cord to hang over the edge of surfaces.



## Safety Warnings & Advice

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**DO NOT** allow the power cord to touch any hot surfaces.

**DO NOT** disassemble or modify Halowave in any way.

**DO NOT** over-fill Halowave; the glass lid must be completely shut.

**DO NOT** use any accessories other than those supplied with Halowave.

**DO NOT** cover Halowave when in use.

**DO NOT** place paper, cardboard, plastic or other flammable materials in Halowave.

**DO NOT** touch the halogen bulb when hot or plugged in.

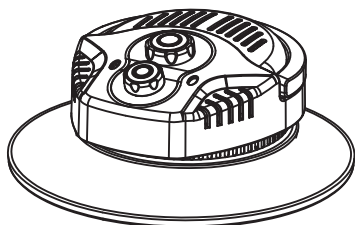
**DO NOT** attempt to repair Halowave; if necessary contact JML customer services.

**DO NOT** operate Halowave near where aerosol products are being used.

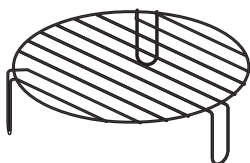
**EXTREME** caution must be used when handling or disposing of hot oils or other liquids.

# Your Halowave

Glass lid



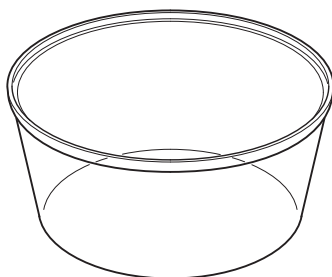
High cooking rack



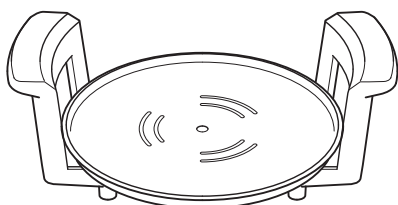
Low cooking rack



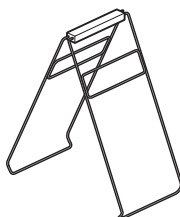
Glass bowl



Plastic base



Tongs



## Before use

Thoroughly wash the glass bowl, plastic base, cooking racks and tongs in hot soapy water and allow to dry completely.



**Important: DO NOT** immerse the glass lid in water or place in a dishwasher.

The surface of the glass lid can be carefully wiped clean using a damp cloth or sponge.

All parts must be completely dry before use.

## Assembling Halowave

1. Place the plastic base on a stable heat-proof surface and do not place it near the edge of the worktop.
2. Place the glass bowl onto the plastic base.
3. Place the low and/or high cooking racks into the glass bowl if required.
4. Place the glass lid on top of the glass bowl. The lid should sit on the inner rim of the bowl.

# Using Halowave

## First check that:

- Halowave is on a stable heat-proof surface and it is not near the edge of the worktop.
- Halowave is plugged into an earthed mains power socket (the red power light will be illuminated).
- The power cord is not touching anything hot.
- You have a space cleared to place the glass lid when removed from Halowave.
- You have placed the required cooking rack inside the glass bowl.
- You have oven gloves ready to remove cooked food.

## What cookware items can be used in Halowave?

Any oven safe pans, bowls, plates, tin foil etc. that can be used in a conventional oven.

## Operation

### Setting the temperature

Select the required heat setting by turning the temperature control clockwise (from OFF to 245°C). Halowave will not turn on until the cooking time has been set.

Place the food in the glass bowl, using a cooking rack if required.

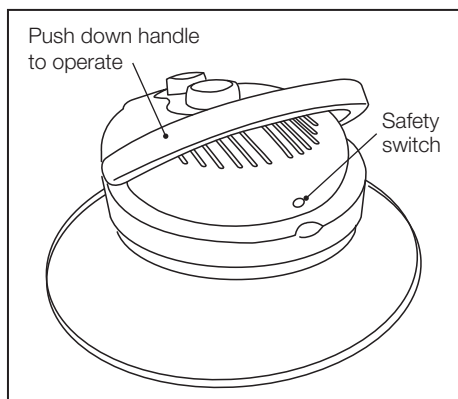
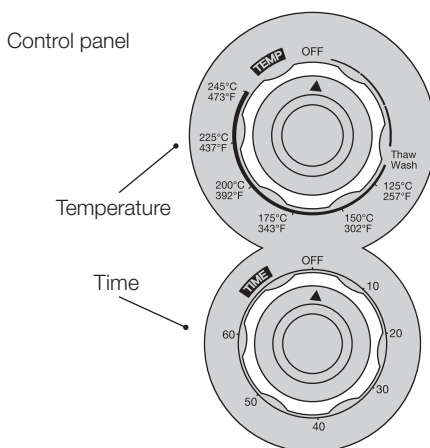
**Important note:** The handle operates as a safety switch; as soon as it is lifted Halowave will turn off.

The handle **MUST** be flat down in its stored position for Halowave to operate.

### Setting the cooking time

Select the required cooking time by turning the control clockwise (from 0 to 60 minutes). Once the time has been set the halogen light will turn on and the green heat light will illuminate.

The halogen light will turn off when the required heat setting has been reached, the halogen light will then turn itself on and off to maintain the set temperature. When the timer control reaches the off position Halowave will turn itself off.



# Using Halowave

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## Pre-heating

If pre-heating is required, set the required temperature and set the time control to 10 minutes. Once the temperature has been reached the halogen light will turn off, the food can now be placed in the glass bowl and the correct cooking time can be set.

**Caution:** Take care, Halowave will be hot.

**Important note:** The time control **MUST NOT** be turned backwards (anti-clockwise) as this may damage the timer. Take care to set the correct time required. If the time set is longer than required, turn Halowave off and wait for the timer to naturally count down to the time you require.

**Warning: DO NOT** touch the surface of Halowave – it will get extremely hot when in use and will remain hot for some time after. **DO NOT** immerse in cold water. When hot, allow to cool first.

When removing the glass lid always use the handle as this will operate the safety switch and turn Halowave off. Halowave will be very hot; it is strongly recommended that oven gloves be used when removing the glass lid.

## Thaw setting

Halowave has a thaw setting which is a low temperature that should be used to defrost foods.

**Important:** Always ensure food is adequately thawed before cooking.

## Cooking

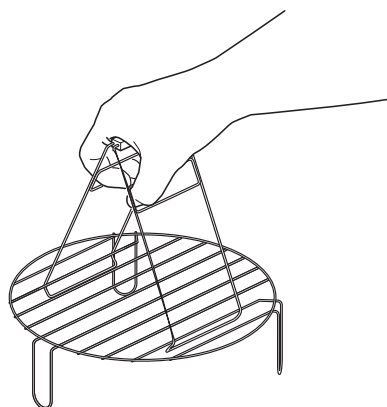
The cooking time depends on the size and weight etc. of the food to be cooked. Most meat, for example, comes with a recommended cooking time. These times should be used as a guide, however. Halowave will cook faster than a conventional oven, so you may need to allow less time to cook. For guidance, refer to the cooking times table on page 7.

To ensure food is cooked, use a cooking thermometer or pierce the food with a fork or skewer to check for uncooked juice on meats, poultry etc. When cooking vegetables check for tenderness.

Moisture may build up inside Halowave when cooked food is not removed soon after the cooking time has expired. The steam/moisture build-up can be avoided by removing the food as soon as it is cooked.

Use the tongs provided to lift out the cooking racks.

**Always ensure food is piping hot inside before serving.**



Using the tongs

# Cooking Times

Halowave cooking times		
Food	Temperature	Time
Roast chicken (1.6kg)	200°C	70 min
Roast beef (1kg)	180°C	75 min
Cod steak (150g)	200°C	24 min
Chicken breast (350g)	190°C	20 min
Peppers (halved)	200°C	34 min
Onion (whole, small)	200°C	60 min
Potatoes (roast, small, cut in two)	200°C	36 min
Parsnips (strips – 2cm diameter)	200°C	36 min
Potato (baked, medium size)	200°C	75 min
Onion (quarter)	200°C	60 min
Yorkshire pudding (ready made)	200°C	12 min
Oven chips (frozen)	200°C	18 min

## Suggested Recipe Ideas

The following recipe temperatures and cooking times are for guidance only; timings may vary according to the weight of the food and individual tastes.

**Always ensure food is piping hot before serving.**

### Baked crumb-topped cod

**Ingredients** (serves 4):

- 4 x 150g skinless firm white cod steaks
- 1 beef tomato
- 1 medium leek
- 4 tablespoons of stuffing mix
- 100g grated mature cheddar cheese

### Method:

1. Pre-heat Halowave to 200°C (400°F).
2. Wash and pat dry the fish steaks and place on a baking sheet lined with baking paper.
3. Thinly slice the tomato. Trim and shred the leek. Arrange the sliced tomato over the fish so they overlap and then pile on the leek.
4. Sprinkle over the stuffing mix, and top with the cheese.
5. Bake in the Halowave for 10 – 15 minutes or until tender and cooked through.



# Suggested Recipe Ideas continued

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## Macaroni bake

### **Ingredients** (serves 4):

125g leeks, thinly sliced  
150g macaroni  
2 red onions, finely sliced  
1 pepper, finely chopped  
15ml tablespoon olive oil  
150ml carton natural yogurt  
150g light cream cheese  
400g can of chopped tomatoes, drained  
Salt and freshly ground black pepper  
65g cheddar cheese, grated

### **Method:**

1. Pre-heat Halowave to 180°C (350°F).
2. Put the leeks into a saucepan of boiling water. Bring back to the boil and drain.
3. Cook the macaroni in a large pan of boiling salted water for 10 – 12 minutes and drain.
4. Mix together the onions and peppers. Heat the oil in a large frying pan and fry for 3 – 4 minutes until softened but not brown.
5. In a bowl, mix together the yogurt, cream cheese, tomatoes and seasoning. Mix in the macaroni and the vegetables.
6. Put into a suitable oven safe dish and sprinkle with grated cheese. Bake in Halowave for 20 – 30 minutes until golden.

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## Open apple pie

### **Ingredients** (serves 6):

#### Base:

450g shortcrust pastry mix

#### Filling:

500g Bramley apples, peeled, cored and chopped

1 pinch ground cloves

5ml teaspoon of ground cinnamon

1 pinch freshly grated nutmeg

50g raisins

70g caster sugar

#### Top:

1 medium size egg, beaten

20g caster sugar

### **Method:**

1. Pre-heat Halowave to 200°C (400°F).
2. For the pastry base: make up the pastry as per the pack instructions. Use  $\frac{3}{4}$  to line a 23cm pie dish. Cut the remaining rolled pastry into strips 1cm wide.
3. For the filling: Combine together all the filling ingredients and pile into the pastry-lined pie dish.
4. To top: Top with the pastry strips to form a lattice. Glaze with a little of the egg and sprinkle sugar over the top.
5. Cook for 25 – 35 minutes in Halowave.
6. Serve immediately with ice cream or cream.

# Suggested Recipe Ideas continued

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## Classic English fruit cake

### **Ingredients** (serves 10):

170g unsalted butter  
170g light brown sugar  
4 medium sized eggs  
100ml apple juice  
170g sultanas  
170g raisins  
170g currants  
250g plain flour  
55g ground almonds  
2 x 15ml tablespoons of black treacle  
1 x 5ml teaspoon of mixed spice  
½ x 5ml teaspoon of grated nutmeg  
½ x 5ml teaspoon of freshly ground cinnamon  
1 x 15ml tablespoon of bicarbonate of soda  
55g toasted flaked almonds, chopped  
255g mixed dried fruit, chopped  
30g glacé cherries, halved  
2 – 3 x 15ml tablespoons of sherry

### **Method:**

1. Pre-heat Halowave to 140°C (290°F).
2. Whisk the butter and sugar together in a bowl until light and fluffy.
3. Beat the eggs and add to the butter, a little at a time, beating well between each addition.
4. Stir in the treacle.
5. Sift the flour and dry ingredients together, add the fruit and stir into the butter mixture. Stir in the sherry and add just enough apple juice to moisten.
6. Turn the mixture into a deep, 25cm (9 inch) prepared cake tin (ideally a ring shaped tin) and bake in Halowave for 45 minutes – 1 hour. If cooked, a skewer will come out clean when inserted into the middle of the cake.
7. Leave to cool in the tin for 15 minutes before lifting onto a wire rack to cool.

# Cleaning & Care

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**Caution: DO NOT** attempt to wash the glass bowl or lid until they cool down to room temperature. If cold water is poured on the glass while it is still hot, it could crack or break.

## Self-cleaning - 'Wash'

Halowave has a special self-cleaning setting, 'Wash', on the temperature control, which should be used to wash the glass bowl:

1. Allow Halowave to cool.
2. Remove any food and drain away any fat from the glass bowl.
3. Add approximately 1.5cm of cold water into the glass bowl with a squirt of washing up liquid. Replace the glass lid and turn the temperature control to 'Wash'.
4. Set the time control to 10 - 15 minutes, depending on how dirty the glass bowl is.

The combination of the heat, the swirling motion caused by the fan and the washing up liquid will clean the glass bowl quickly and efficiently.

The cooking racks can be left in the glass bowl when cleaning to soften any stuck on deposits.

5. Allow Halowave to cool.
6. You may need to use a washing up brush to remove stubborn deposits before rinsing and wiping dry.

## General cleaning and care

Before cleaning, ensure Halowave is turned off, unplugged from the mains and has cooled down.

All parts EXCEPT the glass lid and the plastic base are dishwasher safe.

**DO NOT** use abrasive cleaners or scouring pads on the metal or plastic surfaces.

The outer surface of the glass lid should only be wiped clean with a damp cloth.

**Warning:** When hot, do not place the glass lid on or close to any flammable or combustible items. It may cause fire or explosion.

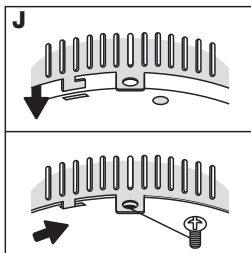
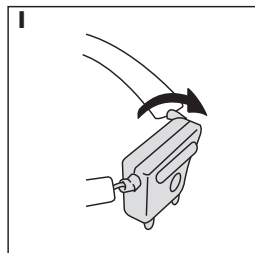
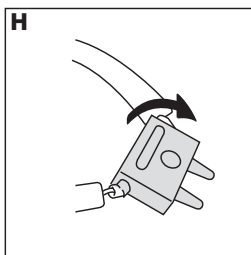
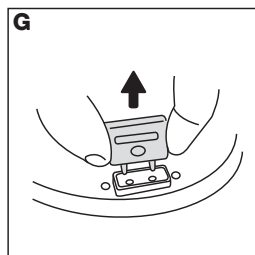
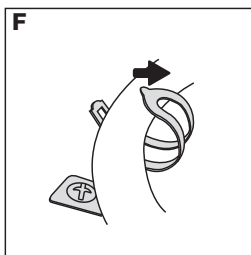
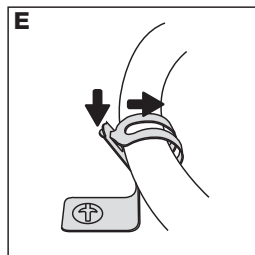
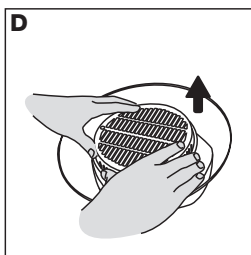
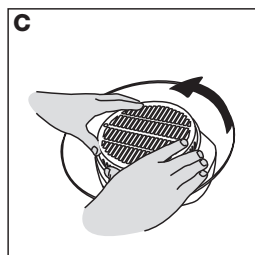
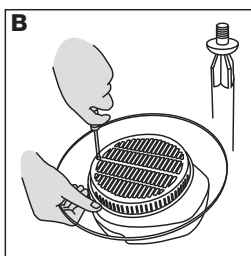
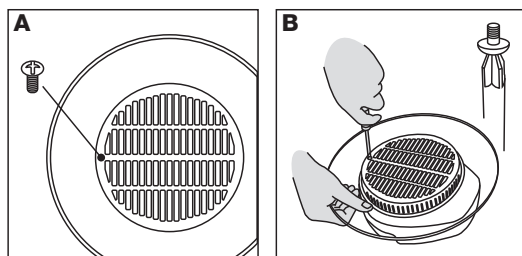
# Guarantee

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This product is unconditionally guaranteed for one year against all defects of workmanship and materials. This guarantee does not affect your statutory rights. If you have any problems or queries about this product please contact JML.

**JML customer services: 0800 781 7831**

# Changing the bulb



**Before you start: Unplug Halowave and ensure the bulb and lid are cool.**

1. Take the lid off Halowave and lay it down with the metal grill facing up.
2. Locate the round screw hole on the metal grill (A). Using a magnetic Pozidriv screwdriver, remove the screw (B).
3. Grip the grill by the sides, twist anti-clockwise (C), then lift away (D).
4. The bulb is secured by three clips. To unclip, push down on the curved part of the clip with one finger, while bending back the straight part with another (E). Be careful of sharp edges.
5. Once unclipped, carefully push the curved part back to release (F). Unplug the bulb by pulling the plastic plug up and away from the lid (G). Do not unplug by pulling at the glass.
6. To add the new bulb, first bend down the plug at a 90 degree angle so that the pins point downward (H-I).
7. Plug the new bulb into the lid, then refasten the clips around the bulb.
8. To replace the metal grill: line up the three hooks on the grill with the three slots on the lid, ensuring that the screw hole on the grill will line up with the hole on the lid. Push down and then turn clockwise to fit in place (J).
9. Secure the screw back in place through the screw hole (A).

# Technical Information

Technical Information	
Glass bowl external diameter	33cm
Glass bowl internal depth	16cm
Glass bowl volume	10.5 litres
Power consumption	1200 - 1400W
Power supply	220-240V~50Hz AC

## Fuse & mains plug replacement (UK & Ireland only)

This appliance is fitted with a BS 1363 13-amp plug. If you have to replace the fuse, only use those that are ASTA or BSI approved to BS 1362 and with a rated current of 13 amps.

Should you need to replace the plug; the wires in the power cord are coloured in the following way:

Blue – Neutral      Brown – Live      Green & Yellow – Earth

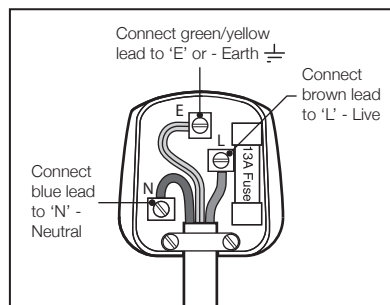
As the colours of the wires in the power cord may not correspond with the coloured markings identifying the terminals in your plug, and proceed as follows:

The wire that is coloured green & yellow must be connected to the terminal in the plug that is marked with the letter E or by the earth symbol  $\perp$ .

The wire that is coloured blue must be connected to the terminal that is marked with the letter N.

The wire that is coloured brown must be connected to the terminal that is marked with the letter L.

If the power lead is damaged, it must be replaced by a qualified electrician.



## Disposal and the environment


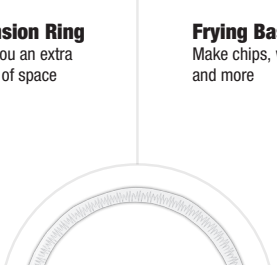




This product is covered by the waste electrical and electronic equipment (WEEE) regulations. It should not be discarded with normal household waste, but taken to your local collection centre for recycling. For further information, please contact the local authority or approved disposal agency.



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# Available for your Halowave

 <p><b>Extension Ring</b> Gives you an extra 3 litres of space</p>	 <p><b>Frying Basket</b> Make chips, wedges and more</p>
 <p><b>Halogen Handbook</b> A great selection of gourmet recipes</p>	 <p><b>Replacement Bulb</b> Easy to install</p>
 <p><b>Lid Stand</b> For safe, convenient storage</p>	 <p><b>Replacement Bulb</b> Easy to install</p>

## Halogen Handbook



**Baked camembert**



**Mini pizzas of sicily**



**Roast turkey**



**Bread pudding**

For **special offers** and to see the full JML range visit  
**[www.JMLdirect.com](http://www.JMLdirect.com)**

# Protect your Halowave for **less than £5** per **year!!**

## Extended 2 Year Warranty

If for any reason you require any service for your Halowave, it will be repaired or replaced with a brand new unit, no questions asked, any time within two years of your warranty purchase.

only  
**£9.95**

**PLUS** ...if you do need to return your Halowave the P&P will be absolutely **FREE!\***

### Order Now!

To take advantage of this great offer you must order via our sales hotline on **08451 949 730** or return the coupon below **WITHIN 30 DAYS OF PURCHASING YOUR Halowave\***

ITEM	PRICE	P&P	TOTAL
Halogen Oven Extended 2 Year Warranty	£9.95	£1.95	<b>£11.94</b>

**or charge my MasterCard/Visa/Maestro/Solo/Delta Account.** **Order Code: HOW875**

Card no. \_\_\_\_\_ Expiry Date \_\_\_\_\_

Issue No. (Switch/Solo Cards) \_\_\_\_\_ Name Mr/Mrs/Miss/Ms \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Tel No. \_\_\_\_\_ E mail \_\_\_\_\_

I enclose Cheque/P.O. **11.90**  
(made payable to JML) for £

Please send this coupon free of charge to **JML Direct FREEPOST**. A valid proof of purchase receipt no more than 30 days old must be included.

#### Terms and Conditions

This offer must be redeemed within 30 days of purchasing your Halowave. You will be required to send a proof of purchase receipt to our customer service team before your warranty certificate will be despatched. If you are paying by cheque, please enclose your receipt with the above coupon.

\* Free P&P is only valid for the return of Halowaves that have an accompanying 2 year extended warranty previously purchased. Free P&P is not applicable if you have not purchased a warranty for the product and is only valid if the product is faulty or defective. You will be required to pay for the postage outright and a cheque refund will be provided upon successful processing of your warranty redemption.